



Maynard Citizens Corps/Medical Reserve Corps Newsletter

OCTOBER 6, 2011

NUMBER 8

UPCOMING EVENTS

Flu Clinic Prep
Meeting with will be done in conjunction with CORI & MA Responds Registration on Thursday, October 20, 2011 at 7pm in the Town Hall

This is a important meeting regarding our Flu Clinic/EDS drill. We are also going to have people available to assist you with logging into the MA Responds program. So if you have not or had trouble registering onto MA Responds network come to this meeting.

SEASONAL FLU CLINIC

**Saturday –
October 29th
Fowler Middle
School
Auditorium
10:00am-1:00pm**

To sign up to volunteer contact Maura Flynn at mauraflynn1@gmail.com or Lucille Stonis at ston24@msn.com

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of flu

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- **Muscle or body aches**
- Headaches
- **Fatigue (very tired)**
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



**It's important to note that not everyone with flu will have a fever.*

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease), and persons who live in facilities like nursing homes.

Neighbors Helping Neighbors

Thanks to all who volunteered at the Maynard Road Race and MaynardFest, both were a success due to your efforts. At the MaynardFest, seven new people gave their information with interest in volunteering.

